THE RECOVERY KERNEL

Behavioral Addiction Series

COMPULSIVE SEXUAL BEHAVIOUR.

Biology, pattern, and recovery.

Okay, I understand. I will translate the text you provide into Nigerian Pidgin, following all the rules you've outlined. I will focus on accuracy and preserving the original structure and content without adding any extra information or commentary.

Dis na di behavioral addiction wey dey bring pass shame.

Na dat be why di shame dey need komot from di system first.

Compulsive Sexual Behavior Disorder dey for ICD-11 (WHO 2022). Dopamine circuit, opioid receptor activation, and di way wey things dey change to make person want more – na all dis one na biology. Di process of recovery dey use same method like every oda addiction.

Section 1 — Di Biology Firs.

THE CENTURION – Seksual aktiviti na wan of di mos powerful natural dopamine events wey dey. Evolution design am like dat on purpose.

Seksual aktiviti na im wetin dey make species reproduce. Evolution don spend hundreds of millions of years to mek am sweet enough so people go dey do am consistently. Di result be say di dopamine wey body release when person dey do seks and get orgasm na one of di biggest natural dopamine releases for human brain. Dis no be mistake or bad design. Na biological signal wey tell body say make e reproduce.

Understand say dis dey remove any kind judgement from di way things work: di same brain circuit wey substance addiction dey use go also na di one wey sexual activity suppose activate strong-strong. Na system wey dem build to give joy, but people dey use am anyhow. Problem no be di desire itself. Di problem na wetin happen when di desire bypass voluntary control.

1.1 — Di Kompleet Nyurokemikal Profil.

Nyurokemikal.	Wat e do during seksual aktiviti.	Di addiction-related meaning.
Dopamin - na im be di signal wey dey tell pesin say e dey anticipate someting and want am.	Dopamine dey rise sharply when person dey feel excitement. E reach highest point for orgasm. Dopamine na im give di feeling say you want sometin strong-strong, di urge to get wetin you dey pursue. Dopamine no be plesa itself. Na im dey motivate person towards di plesa wey e expect.	Dopamin go dey drive di desire to do tins—like di time wey person spend for sexual activities. Just like wit drug addiction, body fit develop tolerance to dopamin: di tin wey used to give strong feeling before, no dey work again, so person go look for stronger tins.
Endogenous opioids - di joy signal.	Endorphins and enkephalins dey release for body during and afta orgasm, and dis na wetin cause di warm, satisfied feeling wey person go feel afta. Di same system wey opioid drugs (like heroin, oxycodone) dey activate, na im endogenous opioids dey use during orgasm.	Dis na wetin make naltrexone, wey be di drug wey dey block opiate receptors and use for alcohol and opioid addiction, get effect on people wey dey do things sexually uncontrollably. Di part of di brain wey dey give pleasure from sexual activity na specific thing, and e fit solve with di same medicine wey dem dey use treat addiction to other substances.
Oksitosin - di hormone wey dey promote bondin.	Oxytocin dey release when you dey tok body kontact, when you get orgasm, an when two people dey look each other for eye. E don cause di feelin wey make pesin want stay close to di person wey e share di oxytocin wit. Oxytocin na im turn seks into emotional bondin.	Compulsive sexual behavior wey dey bypass di connection between people—like watching pornography or changing partners repeatedly without any emotional bond—fit give orgasm, but e no go produce di oxytocin bonding wey healthy sexuality suppose to give. Di benefit na only small: dopamine and opioid components dey work, but di oxytocin component wey suppose for bonding no dey. Dis one create a problem: di person dey active sexually, but e no get any emotional satisfaction.
Vasopressin – di tin wey dey make people bond wit	Vasopressin dey work wit oxytocin for men, e help dem form strong connection wit	Frequent s*xual activity wit many people fit make di body stop dey react well to

each other (especially for men).	people. Vasopressin also show say person dey care about one particular person – na like di body dey tell am "dis one important to me".	vasopressin, wey be hormone wey help form connection. Dis one go mean say as time pass, e go hard for person to form strong relationship through s*x. Person wey don dey do s*x like dat for years fit find am hard to get close to people and form genuine bond wit dem.
Serotonin - di tin wey tell you say you don full.	Serotonin don rise afta orgasm, and e dey kontribute to di "refractory period" – dis na di time wey person no dey feel like do sex again, afta dem don satisfy. Dis na di normal way body tok say "stop".	Just like wit di serotonin system when people dey use MDMA, constant, uncontrollable sexual activity fit make di brain stop sending di "I don full" signal for serotonin. Dis one go cause things like: * Person no go fit wait before dem want to do am again (shorter refractory period). * Dem go quickly start craving for sex again. * Na so, e go hard for person to feel happy or satisfied with any single sexual experience.

1.2 — Di New Ting Wey Dey: Why Dis Kind Addiction No Get Limit.

Unlike mos behavioral addictions, di addiction wey make pesin dey do sex too much get one special tins for body wey no dey for gambling, playing games, or watching media: dis na wetin dem call "Coolidge Effect".

Coolidge Effect na wetin dem don discover say mammals dey react to sexual things. Dem don study am well-well, and e dey for many different animals. Na when one animal don tire of one partner, if e see new person, e go start dey do sexual tins again. Dis no be bad character — na how evolution dey work to make sure say different genes mix together. For olden days, di number of new people wey one animal fit meet was limited. But for today, with internet and all dat, di possibilities don become endless.

Coolidge effect na wetin dey happen when one animal wey don get sexual experience with one partner, e no dey show di same level of interest for anoda partner.	**Wat am mean for di digital kontest.**

For our ancestors, dis one fit mean say: *** If one woman don yan with one man before, she fit no dey too interested in anoda man again.** *** Di same go apply to men. If one man don get experience with one woman, e fit no dey show di same level of interest for anoda woman.** **But na important say dis one no mean say people no go yan wit different partners. E just mean say di first experience fit influence how dem feel about oda people.**	
Seksual desire fit renew if you get new person wey you dey relate to. Dis dey happen soms times, and e depend on how many people dey around, di way society dey work, and wetin possible for making pikin. Di system wey control dis dey work well because no too much new things dey for real life.	Pornografi and dating apps dey give people plenty new visual partners, and e no cost anyting. Di "Coolidge Effect" dey work everytime wey person see new picture, video, or profile – and dis one cause dopamine to burst, but di body no fit get tired of am because di newness never finish. Dis na supranormal stimulus: something wey strong pass and last longer than wetin di brain reward system dey used to.

Section 2 — Compulsive Sexual Behaviour Disorder: Wetin am bi, and wetin am no bi.

THE CENTURION – High sexual drive no be sickness. Na when you lose control over your sexual behavior say e get problem.

D difference betwen get strong desire for sex wey dey normal and get problem wey make pesin dey obsessed with sex no dey based on how often, nor on wetin dem dey do, and nor on whether di tins wey dem dey do na di normal tings people dey do. Na about if person fit kontrol demself or not, and whether di behavior dey cause pain wey di person no fit stop, even as e wan stop am.

Dis na wetin dem dey call compulsive sexual behaviour (according to ICD-11).	Okay, I understand. Just give me the text you want translated into Nigerian Pidgin. I will follow all the rules you've outlined.
Persistent problem wey person no fit control dia strong sexual desires, even though dem wan. Person dey continue with sexual activities, even when e dey cause serious pain, damage relationship, put person health at risk, or make am difficult to do other tins. Neglecting your health, personal hygiene, responsibilities, or important tings because of all the time and energy wey you dey use for sexual activity or di search for am. Dis behavior don dey happen for a long time (ICD-11 criterion: 6 months or more).	High level of sexual desire or frequent sexual activity wey person dey control and no cause any harm. Sexual interests wey dey different but people dey do am with agreement, and e no cause pain or harm to the person or other people. Time wey person dey get more sexual activity after one big change for life (like new relationship, better health, less stress), and dis usually go settle down on its own. No feeling satisfied sexually for relationship — which fit be problem for di relationship, no be say na compulsive behavior disorder.

2.1 — Di Different Types

Okay, I understand. Just give me the text you want translated into Nigerian Pidgin. I will follow all the	Wat di patten look laik.	Di spesifik mekanism wey dey drive am.

rules you've outlined.		
Compulsive pornografi use.	Dis ting dey happen when person dey use porn for too long, even though e want reduce am or stop completely. Di time wey person spend on porn go take away time from other tins, like relationship, sleep. E fit also make person start watch more serious kind of porn just to feel di same way as before, but with milder content. And sometimes, na only porn fit make person get hard, something wey no dey happen before when e dey relate wit real people.	Di supranormal stimulas problem: Unlimeted new tings wey dey show for eye go make di Coolidge Effect work too well, and di body no fit get used to am. Di system wey dey control dopamine dey always active because of all dis new tings, but e never tire. As a result, brain don start to ignore real-life tings.
Compulsive search for partner.	Di person dey find new partners because dem no fit control demself, not because dem really want make connection. Dem go pursue di partner, di sexual ting go happen, but di interest don finish immediately — e be like one cycle wey dey repeat. Risk dey increase: as time pass, di person go start dey do risky tins because dem don get used to small risks.	Di variable ratio reinforcement wey dey follow di chase, plus di dopamine wey come from di new partner. Na dis na wetin dem call "Coolidge Effect" for real life. Di time wey people dey bond (oxytocin) either no dey work at all, or e just give small attachment wey di constant pattern spoil.
Seks wey dey influence how person regulate dem feelings.	Di use of seks for manage emoshonal tins like: worry, sadness, feeling alone, borin, or anger. Di seks dey work like medicine: e go give small relief from di emoshon, but you go need do am again everytime wey di emoshon kam back.	Opioid receptors dey activate during orgasm, and dis one go give temporary relief from bad feelings. Dis na di same way wey people use opioid to treat emotional pain. Person wey don learn say sexual activity fit reduce anxiety, go always do am, just like how person wey dey anxious go always take alcohol.
Compulsive masturbation (no matter if you dey watch porn or not).	De compulsion wey make pesin dey masturbate, even if dem no dey watch p*rn, na because dem dey seek di opiod and dopamin wey dey give joy, not because of any sexual feeling	Dis na wetin dey happen when di brain dey give person joy without anyting outside wey cause am. Dis one dey happen pass, and e fit make person feel bad, maybe because e no get

	or attraction.	anytin outside wey cause di happiness.

Section 3 — Di Pharmacogenomics Wey Dey Affect Wetin Cause Person To Dey Do Seks Too Much.

THE CENTURION – Di same tins wey make pesin vulnerable to substance addiction, dey also fit make am vulnerable for dis place.

Di genomic profile wey dey make person vulnerable to compulsive sexual behavior na almost di same as di one wey dey make person vulnerable to drug addiction and other behavioral addictions. Dis no be just by chance — all dis addictions dey activate di same part of brain wey give pleasure, and di same kind problem for dat part of brain fit cause susceptibility to all of dem.

Variant.	Di mekanism.	CSBD connection.
DRD2 A1 allele — Reword Defisiensi Sindrom.	40% reduction for D2 receptor density. Di normal tins wey dey make life sweet – food, connection wit pipo, achievement – no dey give di same level of dopaminergic response like as e dey do people wey get A1/A2 or A2/A2 genotype. Dis person dey always feel say ordinary experience no dey give am enough joy.	Any strong thing wey dey give pleasure, even sexual activity, fit fill di hole wey di A1 allele create for dopamin. CSBD don show say e dey happen pass for people wey get DRD2 A1. Di sexual activity na im dey provide di dopamin wey di body no fit produce well enough from normal things.
COMT Val158Met - Warrior constitution.	Dopamin wey dey clear quick-quick. Di top na sharp, and di bottom too sharp. Person wey get "Warrior" type don experience di biggest change betwen dopamin wey high and dopamin wey low. Di desire to take another dose go increase because di previous one dey clear fast.	Di strong desire wey dey inside person, and di urge to compete, fit make person dey always want new relationships (di process of finding and winning people, wey go activate di brain's reward system). E also fit cause person to use pornography more and more (because e need stronger and newer things to feel happy, as di feeling dey fade quick-quick).
MTHFR C677T homozygous.	BH4 wey no dey produce well go reduce dopamine and serotonin wey body dey make. Di lack of serotonin na im important for dis kain tin — serotonin na di signal wey tell person say e don full. If	Person wey get MTHFR gene and dey lack serotonin fit feel full for short time afta sexual activity. Di constant need to do am again – use, small enjoyment, quick return of di urge – na partly because di way

	serotonin low, e mean say person no go feel full easily, so di time wey e go take before craving return go short pass.	body dey produce serotonin no dey work well. Treatment with 5-MTHF go help solve dis problem by supporting how body dey make serotonin.
MAO-A (Monoamine Oxidase A) – dis na di gene wey dey control how you react to tins.	MAO-A dey break down serotonin and dopamine. Some different types of MAO-A fit cause too much breakdown (low serotonin, high impulsivity) or too small amount (different problem wit neurotransmitter). Di low-activity MAO-A variant dey link to more impulsivity and aggression.	Low activity for MAO-A dey common for people wey dey show impulsive behavior, inkluding CSBD. Di part of di problem wey be dat people no fit control demself well – acting on sexual desire without thinking am through, like serotonin go do – na partly because of MAO-A.

Section 4 — Di Shame Spiral: Wetin Make Shame Dey Mak Dis Problem Wors.

THE CENTURION – Bad behavior dey make am hide, and when e hide, e go grow strong pass. Shame na wetin dey help bad sexual behaviour to grow.

Compulsive seksual behavior na di behavioral addiction wey get di highest level of shame compared to people wey dey seek help. Di difference between how many pipol dey experience dis problem (CSBD) and how many dey go find treatment, na more for dis one pass any oda behavioral addiction. Dis na because of shame — di special, strong shame wey dey attached to compulsive seksual behavior for most places.

Shame wey dey spin around like dat na something wey fit make things worse, and e no dey help anything.

SHAME SPIRAL

1. Di ting wey dey make pesin do someting again and again don start.
2. Big shame dey follow – "wetin dey wrong wit me, why I no fit stop dis?"

Shame dey cause emotional pain (like worry, sadness, and hating yourself).

Dis kind behaviour wey dey make pesin do someting again and again fit giv pesin some relief, e be one of di surest ways to reduce emotional pain (opioid receptor activation).

Di behaviour dey repeat again and again because e dey try to reduce di pain wey di previous behaviour cause.

6. Big shame dey. Secret na im dey make am worse. Person no fit connect wit other people again. Dis bad behaviour na only thing wey go give small comfort to person wey dey feel shame and isolation.

Na bad tin wey dey happen when person feel shame about di kain sexual behaviour wey dem dey do, and e no go stop am. Di shame fit make di person feel more pain inside. Di shame na im dey keep di problem dey run.

Dis no be argument say di behaviour dey okay, or say we suppose minimize di bad things wey fit komot from am. Na observation about how tins work: to use shame as main way to treat people wey get problem with sexual behavior na something wey no go work well with medicine. E don add to di pain wey dem dey feel because of di behaviour, and e dey mask di real problem. Di correct way na to remove shame completely from di process, and look at di behaviour as di biological and psychological pattern wey e be.

4.1 — Secret-keeping as something wey dey help maintain things.

Sikrit dey maintain kompulsiv seksual bikheviya tru sayin many tins:

- Di tin wey dey hide no fit solve. Any behaviour wey person hide from people wey dem dey relate wit and people wey go help, no fit examine, challenge, or address for di relationship wey treatment need. Di secret dey grow for darkness.
- Di double life dey drain brain power. To keep two different sexual lives, one wey people know and another wey dem no know, need plenty mental energy wey fit use for di work of getting betta. Person wey dey hide sometin no fit full participate in dia own recovery process.
- Sikrit dey prevent people from being held responsible. Di betta way to change bad habits na through relationship wey involve responsibility. If nobody know say you get bad habit, you no go fit change am because nobody dey hold you accountable.
- Di trauma wey kam from find out say your partner dey hide secret sexual tins go affect person well-well. Dis na "betrayal trauma" and e worse pass di pain wey you fit feel if dem don tell you about am before. Di longer di secret, di more damage e go do.

Section 5 — Di Trauma Connection.

THE CENTURION – Dis na di behavioral addiction wey get di highest rate of trauma wey dey cause am. We need to give am name, but no make di name be all wey e mean.

Adverse Childhood Experiences (ACEs) – especially sexual trauma, but also physical abuse, emotional neglect, and problems for families – dey happen pass for people wey develop compulsive sexual behavior disorder. Dis connection no mean say na im cause am for every case, and e no be all wey dey explain am. But e common enough to be something important wey doctors need to tink about.

Mekanisim.	How e dey produce CSBD risk.	Tretment implications.
Early sexual trauma wey make di trauma reaction dey look like sexual activity.	Wen sexual experience dey happen for traumatic way when person still small, di connection between sexual arousal and di trauma reaction (like being too alert, anxiety, or confusion between excitement and fear) fit become strong. Di person go dey pursue sexual activity because dem wan revisit and try to deal wit di trauma wey dem never process well. Dis	Terapia wey dey focus on trauma (like EMDR, somatic experiencing, and trauma-informed CBT) na important ting, and e must go hand-in-hand wit di behavioral intervention. If you only use behavioral management without addressin di root cause of di problem, you dey treat di symptom but not di source.

	urge na partly because of di way di unprocessed trauma dey affect person.	
Emotional neglekt na im dey affect how people learn to kontrol dem feelings.	Pikin wey no get dem emotional needs fulfill by dia caretakers, dey learn how to kontrol emotional pain for dem own way. When sexual activity don enta, and e be one way to kontrol feelings—wetin dey common for teenagers—e go become di main way to manage pain when caretakers no dey help.	Di pesin wey learn say seksual aktiviti fit help am manage im feelings, but no get oda ways to do dat, need find anoda way to manage im feelings – e no be just stop use seks for dat purpose without finding someting else to replace am wit.
Attachment disruption and di anxious/avoidant pattern.	Insecure attachment (wey dey show as worry or avoidance) go cause specific ways people behave for sex. People wey get anxious attachment sabi seek for sexual connection again and again, just to try control dia worries about relationship. People wey avoid relationships for love sabi do things wey look like sex, but dem no dey connect with person well-well. Dem dey avoid any connection wey go make dem feel weak, but dem still dey do things wey look like connection, but e no be real.	Attachment-focused terapi dey address di root cause wey be di relationship pattern. Di CSBD na just wetin dey show, e no be di main problem — if you change how person relate to people, e go affect how dem behave.

Di important tings we need sabi: No be every person wey get CSBD don experience trauma. Many people no don. If somebody don experience trauma, na im dey important and must tok about am. But if dem no don experience am, we no fit assume say dem don or put am for dia medical record. Di biology alone—like problem with reward system, Coolidge Effect, dopamine/opioid circuit activation—dey enough to cause CSBD without trauma bein part of di problem.

Seksiyon 6 — Di Profil Wey Dey Focus on Pornografi.

THE CENTURION – Pɔrnografi na wan tin wey dey stimulate di brain pass wetin di brain dey expect. E strong pass anyting wey di brain sexual reward system fit process well-well.

Pornography use disorder na di mos common tin wey dey cause pesin to do sexual tins uncontrollably for kliniks now. Di internet don make am easy, and e free, for pesin get access to plenty new people wey dem fit see sexually — dis one dey always activate di "Coolidge Effect" for a way wey no dey possible before. Brain no design to handle dis kain level of information.

6.1 — Di spesifik effects wey heavy pornography use get on di brain.

Efek.	Di mekanism.	Di klinikal simptoms.
Desensitisayon of di seksual rewɔd sirkit.	Repitid stimulas wey dey pass normal for dopamin reward system go kaze di same tin wey substance tolerance dey do. Di stimulas wey cause strong excitement at first, e go gradually reduce how much response e dey give. Di person go start to look for new or more extreme tins so dat dem fit get di same level of excitement as before.	Dis kind behavior, wey dey start small but gradually become serious, na wetin dey happen when person dey addicted to something. Na because di body don get used to am. Dis no be say the person bad; na just how di body react.
Reduced real-partner arousal.	Brain wey dey kontrol sexual feelings fit change to di tins wey dey for porn – like how e look, new things, no problem, and plenty. Real people no dey same way; dem no dey always new, you no fit get dem whenever you want, and dem need your attention and feelings, which porn no dey give. Di feeling of excitement wey you used to get with a real person fit become hard to find again.	Erection problem for yong pipul, especially when dey get s*x wit their partner but no when dem dey watch p0rn, don happen before for people wey don use p0rn too much. Dis na neurological issue, no psychological. Di brain system wey give pleasure don change to like sometin dat di real partner no fit give.
Impairment wey	Heavy porn use dey link wit	Person wey dey talk say dem

dey affect prefrontal cortex fit cause problem with impulse control.	small size of di prefrontal cortex and weak connection between di prefrontal cortex and di limbic system for neuroimaging studies – na same pattern wey substance addiction get. Di prefrontal cortex dey give di 'stop' signal. When e don spoil, di limbic system go dey work strong, but no fit control am well.	want stop use pornography but no fit do am—person wey plan to stop, start to stop, and den go back use again—dey describe wetin happen when di brain part wey control decision (prefrontal cortex) no dey work well for control di feelings and desires (limbic drive). Dis one no be say person no get strong mind. Na because heavy use don affect how di brain dey function.

6.2 — Di Protokol Wey Go Help People Recover From Watching Pɔrn.

Definishen of "sobrieti" for ponography: Define wetin "sobrieti" mean before you start. For many people wey dey recover from ponography use disorder, "sobrieti" mean: no dey intentionally use ponography (no matter if na picture or text) just to feel sexually excited. Dis definishion separate masturbation (without ponography) as another ting wey each person go decide how dem want to handle am, based on dia own plan for recovery and wetin dem value.

- Software wey go help you stay accountable: Covenant Eyes, Bark, Circle, or tools like dat. Dis software fit filter things wey dey related to pornography, or dem go tell your accountability partner if somebody try to access am. Your accountability partner go know say you dey work on dis. Di way wey you dey hide things don spoil. Install di software and put your partner's email address before di next time wey you feel like doing bad thing, no be when you already dey do am.
- Friction wey dey for device: If di phone na di main way person dey use, remove am from di phone. If di computer na di main way person dey use, move am go one public room for house. Eliminate private place wey person dey use — dis bad habit dey grow well when e get privacy, but e go stop if people dey see am.
- Urge surfing: Di desire to use pornografi dey reach highest point and go down for about 15-30 minutes if you no do anyting about am. Learn how to observe di desire without doing anyting about am — make you ride di wave of di craving instead of react to am. Dis na di main skill wey important for recovery from problem with pornografi. Every time you successfully "surf" one 20-minute urge, e go build your brain's ability to resist di urge, and dis go reduce how strong di urge dey over time.
- Kold wata shawa or face exposure: Di kold wata teknik dey aktivate di "diving reflex" spesifically, an also di norepinephrine response wey go stop

di dopamine-driven "seeking state". E dey work because e dey work for body level, no be through willpower.

- Di 90-dey window: Reseach wey dey talk about how pornography affect brain show say e take approximately 90 days for person wey don stop using am before di part of brain wey dey control enjoyment start to work normal again and react well to things for real life. Di 90 days na just di begining of recovery, no be di end.

Section 7 — Di Recovery Arkitekture.

THE CENTURION - Di same plan like every oda behavioral addiction. But wit one addition: di definition of soberity must dey clear.

7.1 — Wetin Be Sexual Sobriety?

Unlike wetin dey happen wit drug addiction, wey person fit just stop using drugs completely, for sexual addiction, e no dey like dat. Person need to define "sobriety" for dem self, because stopping all sexual activity no good and no be di goal. Di definition of sobriety na something wey person go write down for dem self—usually with help from a therapist—and e go explain:

Wat to difain.	Sure, here na some example definitions:
	
	* **Definition:** A statement dat explains di meaning of sometin.
	* **Components:** Di different parts wey make up a definition.
	
	For example, dis na one simple definition:
	
	* **Word:** Dog
	* **Definition:** One animal wey dey bark and dey loyal to pipo.
	* **Components:**
	  * Animal
	  * Bark
	  * Loyal
	
	Dis na anoda example:
	
	* **Word:** Love
	* **Definition:** A strong feelin of affection for somebody or sometin.
	* **Components:**
	  * Strong feelin
	  * Affection
	  * Somebody or sometin
	
	You fit use dis examples
		Wetin make spesifikati matter.

	as guide to create your own definitions.	
Di important tins wey matter – di spesifik akshons wey dey mark say dis pesin don relapse.	For pornografi addiction: no dey intentionally watch porn. For compulsive partner seekin': no dey get anonymous or casual s*xual relationship. For use of s*x to manage feelings: no use s*x as di main way to deal wit emotional problem.	Di tins wey dey outside sober living don dey specific enough say e fit give clear "yes" or "no" answer for any situation. "No sexually compulsive behavior" no be definishon — e too vague to apply. "No pornography, no dating apps afta 9pm" na definishon.
Di middol serkul behaviours – dis na akshons wey no be relapse dem self, but dey fit show say relapse dey about to happen for dis pesin.	Dis na di kain tins wey dey happen often before somebody go relapse, but dem no be di relapse itself: * Stay for hotel alone, and nobody know where you dey. * De browse some social media pages. * Go places without any plan.	Middle circle awareness dey help person know wen dem don enter di area wey fit lead to relapse, so dat dem go fit take action before e happen, instead of afta.
Di good tins wey dey outside di problem area - expressin yoursef sexually, but only if e dey align wit your own personal values for recovery, and if e go help you get betta sexuality.	Seksual aktiviti for people wey don dey relationship. Masturbation witout pornografi (if dat one dey okay for di pesin). Wetin be good ways to date. Touching each other wey no be say person dey craze for seks.	Di process of getting betta no be say we dey eliminate seks. Na to get back di power to kontrol our seks life by ourselves. Di people for outside go tell us wetin good seks life look like, so dat di process of getting betta dey move towards someting gud, and not just away from bad tins.

7.2 — Di Supplements Wey Important for People Wey Dey Suffer from CSBD.

Supplement	Dose.	Timing.	Okay, I understand. From now on, I will only provide the translated text in Nigerian Pidgin, following all the rules you've outlined. No

			additional commentary or explanations. Just the translation.
NAC (N-Acetyl Cysteine) – na im be di mos important supplement wey dey help with problem of compulsive behaviour.	600mg two times every day.	Good morning and good afternoon.	NAC dey restore di normal level of glutamate for nucleus accumbens and prefrontal cortex – dis na di specific problem wey cause person to dey do things uncontrollably. Clinical trials don show say NAC fit reduce di urge to do certain things, like gambling, picking hair, or using drugs. Di way NAC dey balance di glutamate no go make pesin sleep nor stop di brain from getting enjoyment.
5-MTHF - na im dey help with serotonin production.	400-1000 mcg.	Good morning.	Serotonin sistem na di signal wey tell body say "stop" — e be di natural off-switch for sexual activity. For people wey get MTHFR gene, if dem dey homozygous, bad serotonin production fit make di time wey person no dey feel like do s*x short pass, and e go make person want am again quick-quick. 5-MTHF dey help di process wey produce serotonin, and dis na im go bring di "stop" signal.
Zinc - e dey help wit di metabolism of testosterone and oxytocin.	15-30mg wit food.	Good evening.	Zinc na one kain substance wey dey help for di process wey body dey use turn testosterone, an also for enzymes wey dey involved for oxytocin production and processing. Wen testosterone dey correct (no too much), e go help make libido dey normal. Oxytocin support dey promote di connection wey dey important for sexual activity, but compulsive sexual behavior dey try stop dis connection.
Magnesium Glycinate.	400mg elemental.	Good evening.	Oxytocin sintesis kofaktor. Glycine wey dey insayd na one kain NMDA ko-agonis, e don

			regulate d glutamate sistem togeda wit NAC. D calming effect wey magnesium glycinate get go reduce di anxiety wey dey make people use sex to control dem feelings.
Vitamin D3	2000-4000 IU	Mornin wit fat.	Vitamin D deficiency dey link wit bad mood and di inability to kontrol yourself well. Vitamin D receptors dey for everywia inside prefrontal cortex – dis na di area wey dey kontrol your actions, e be like say e dey give "stop" signal. Di lack of vitamin D go affect dis part specifically, and dat one dey important for people wey dey try recover from compulsive sexual behavior.

7.3 — Resorses wey dey help professionals.

CSBD get special train pipul wey dey work dia, and di normal therapy people no fit do all wetin dem dey do.

- CSAT (Certified Sex Addiction Therapist) na people wey don train well-well for treatin sexual addiction, dia training dey from di IITAP certification program. You fit find CSAT for iitap.com.
- Sex Addicts Anonymous (SAA): Na one 12-step program wey dey specially for people wey get problem wit sexual behavior, and e get wider definition of "sober" pass ordinary 12-step programs. Di community sabi how shame dey affect person, and dem no go judge pesin based on wetin dem do.
- SMART Recovery na one way wey no dey based on religion, and e no use di 12 steps. E dey available for pipol wey no feel comfortable wit di idea of relying on a higher power.
- Patias wey don suffer from sex addiction: If any pati dem don experience betrayal because of di discovery of compulsive sexual behavior, dat pati need im/her own support — COSA (Co-Sex Addicts Anonymous), SANON, or individual therapy wit one person wey sabi CSAT. Di trauma wey dis pati dey feel na real, and e need treatment separate from couples therapy.

Seksiyon 8 — Di Natyural Seksual Helth Arkitektura.

THE CENTURION – Rekovri no be say you don stop to get s*x. Na im wey you dey rekover your ability to enjoy s*x willingly, connect with person, and feel satisfaction.

Dis part dey explain wetin di recovery process dey build towards—no be about specific behaviours or how people relate to each other, because dat one differ for different people, cultures, and values. Instead, e dey talk about di mental and brain things wey make sexual relationships healthy.

Quality.	Wat am see.	How compulsive sexual behaviour disrupt am.
Kontrol wey you choose yourself.	Di pesin fit choos to do seks or no do seks, depend on wetin e want, di situation, and wetin e value – and e fit choos to stop for di same reason. Di action dey control by di pesin, not by any strong urge wey e no fit resist.	CSBD dey remove dis kain kontrol. Di pesin dey act against dia own values and wetin dem want. Recovery go bring back di power wey dey for front part of brain, wey allow pesin make true decision.
Sincere wish na im dey drive am.	Seksual aktiviti wey dey based on true desire for di aktivity or for di person you dey relate wit—no be because of di need to feel good (dopamine), relieve pain (opioid) from emotional problem, di urge to try new things, or just habit.	Compulsive seksual behaviour dey cause activities wey usually no get anything to do wit true love. Di person fit feel relief, urgent need, or just say na habit – but maybe no dey feel any real love. For recovery, di important thing na to separate dis from genuine love and bring am back as di main reason for doing things.
Connection.	Seksual aktiviti wey include true emoshonal connection wit your partner – di oksitosin bond wey dey, but wey compulsive seksual behaviour (specially pornografi and always changing partners) no dey allow.	Wen you dey do seks consistently but no get di love and connection wey suppose dey, e fit gradually spoil your ability to connect sexually. Di process of recovery go help build back di bond wey dey based on oxytocin, and na dat bonding be di main tin wey healthy sexual activity suppose give.
Satiation.	Di normal time wey body dey	Compulsive seksual behaviour

	take recover afta sweet s*x – di feeling of true happiness afta orgasm wey no make person want s*x again immediately.	dey cause one kain sikle wey make person feel ashamed instead of happy afta seks, and dis go push am to do am again quick-quick as a way to control how e dey feel. Di signal wey tell di brain say "enough" (serotonin) don disappear because of di shame wey person dey feel. When person recover, e go regain di normal feeling of "enough".

8.1 — Di Transplantashon.

Like every oda kind behavioral addiction for di "No Substance Required" series, di way people dey follow one anoda wey dey like a secret society, and how dem dey do things because of dia strong desire for sexual activity, fit transfer to other areas. Di specific tins wey dey cause Compulsive Sexual Behavior Disorder (CSBD) wey fit change:

- Di desire for strong feelings and new experiences: Di "Warrior" personality dey always look for intense and new things. Dis energy fit be use for adventure, sports wey test your limits, traveling, making art, or starting your own business. Wet matter pass na di strength of di feeling. Na di way you dey do am go cause problem.
- Di desire to get close to people wey dey show as person dey change partner too quick: di need for true human relationship – which di bad pattern dey try to give, but e no fit do am well, and e even stop real connection from happening – fit be turn towards building strong, lasting relationships wey dey based on mutual respect. Wetin person dey look for na connection. But di way wey dem dey find am na im dey block di real thing.
- Di way wey person dey control emotions: Any emotional feelings wey di sexual behavior wey be problem dey manage (like anxiety, depression, loneliness, or boredom) now need other ways to handle dem. Things like doing activities, exercise, creative work, and connecting with people – all of dis na better ways to control emotions, and dem no get di bad cycle attached to am. DBT TIPP skills from the Full Inventory dey specifically for dis kain tin.

Di Summary — Biology, Mekanism, Recovery.

THE CENTURION – Dis no be moral failure. Na biological pattern. Di same recovery architecture dey work.

WETIN DIS GUIDE DON ESTABLISH.

Biology: Dopamine, body opioid, oxytocin, di Coolidge effect, di strong stimulas wey dey for pornografi. Di way e dey work na specific, dem don document am, and no be say person do wrong.

Di pharmacogenomics: DRD2 A1 (reward deficiency), COMT Val/Val (dey always want more), MTHFR C677T (serotonin no dey work well). Dis na di same kain gene wey dey cause drug addiction.

CSBD for dey inside ICD-11: dis na one condition wey WHO recognize for dia international classification system, no be just jugement wey dem disguise with medical words.

Shame no dey make tins betta, e dey mek am wos. Shame add to di pain wey person feel, and na dat pain dey mek dem do di tins wey dem dey do uncontrollably. To remove shame from di plan na di first ting wey doctor go do.

Dis profile dey show tins like: too much stimulation wey no normal, Coolidge Effect, body don lose feeling, hard to get aroused with real person, problem for di brain part wey control decision. Ninety days na when di brain go start to heal again.

Dis na di list of supplements wey dey help:

* NAC (go help with glutamate balance, and reduce compulsive behaviour).
* 5-MTHF (go support serotonin level).
* Zinc (go help oxytocin metabolism).
* Magnesium glycinate.
* Vitamin D3.

Di process of recovery: Define wetin mean to dey sober. Put accountability in place. If you don experience any trauma, address am. If your relationship with people don spoil, try fix am. Build up strong foundation for your life. Di goal na to get happy and fulfilling sexual life — no be say you go dey avoid sex altogether.